

Peter Kirk Community Center

PKCC

experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, a wide range of art and life-long learning classes, fun special events, intergenerational programs, van trips and charter tours. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours makes it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs

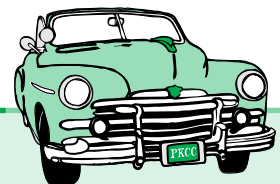
may be eligible for other community-based programs, such as adult day care (see page 68) or contact Evergreen Care Network at 425.899.3200.

Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

Center Hours

Monday – Friday 8am-5pm
Holidays Closed . . 9/3, 11/12, 11/22, 11/23, 12/25, 1/1, 1/21, & 2/18
Closed at Noon 12/24 & 12/31



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

Thank You Fairwinds Redmond
for Sponsoring Steppers!

GET MOVING

WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 8th year of fun walking opportunities on Tuesdays (June 7-Sept 25) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper "Club Card" member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 11	Bellevue Botanical Gardens/ Crossroads Lunch on your own	-0-	\$7	36013
Sept 25	"Finish Line" Extravaganza Lunch sponsored by Fairwinds	-0-	\$7	36014

The Super Stepper "Club Card" Membership has exclusive benefits:

For \$10 you can be a Super Stepper
"Club Card" member.

Club Membership has its Rewards!

- Exclusive Membership Card
- Super Stepper Club T-Shirt
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Admittance to "Kick-Off" Celebration on June 7 (registration required)
 - Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the "Finish Line" Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

Non-Members

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.

EvergreenHealth

Special Events

WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like. Thank you to Jane Wernet for leading the tour.

RSVP at 425.587.3360 • Free

Monday	11:00am	October 1	36444
Monday	11:00am	January 7	36445

OKTOBERFEST

The Peter Kirk Advisory board is cooking up an authentic Bavarian feast that you won't want to miss. Enjoy festive music provided by "Happy Hans".

Advance Reservations Required by 10/5 • Cost \$7

Thursday	11:00am	October 11	37022
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Turkey Treats

Celebrate Thanksgiving the old fashioned way. Enjoy musical entertainment by Gary Hood followed by a traditional turkey meal with all the trimmings. This event isn't for turkeys only!

Special thanks to Fairwinds, Redmond for providing the Thanksgiving feast.

Advance Reservations Required by 11/9 • Cost \$7

Friday	11:00am	November 16	36446
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11th Annual Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch while socializing with patrons of the Peter Kirk Community Center. Register early, space is limited!

Advanced reservations required by 11/21 • Free

Saturday	10:00am	December 1	36605
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HOLIDAY D'LIGHTS

Kick off your holiday season right! Our annual celebration includes festive entertainment and a delicious meal. This is one party you won't want to miss, guaranteed to get you in the holiday spirit.

Special thanks to Aegis Lodge in Kirkland and Aegis of Kirkland for providing the Holiday lunch.

*Register early; this event is sure to sell out fast!
Advanced registration required by 11/30 • Cost \$7*

Friday	11:00am	December 7	36606
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Lucky in Love Luncheon

Bring your sweetheart or just your own sweet self. Enjoy some lovely entertainments followed by a delectable lunch.

Advance Reservations Required by 2/8 • Cost \$7

Thursday	11:00am	February 14	37021
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Shamrock Shindig Luncheon

Grab something green to wear and help us celebrate St. Patrick's Day. This party will begin with some lively entertainment and end with a traditional Irish meal.

Advance Reservations Required by 3/8 • Cost \$7

Thursday	11:00am	March 14	37020
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**Pre-register for all
events and classes.**

JOIN K.S.C.

—THE KIRKLAND SENIOR COUNCIL!

WHAT IS THE KIRKLAND SENIOR COUNCIL?

The City Council established the Senior Council in 2002 to ensure Kirkland is and remains a safe, vibrant community for residents ages 50 and older. The members of the Council are a group of concerned citizens like you.

HOW DOES THE SENIOR COUNCIL WORK?

The Senior Council meets monthly for 2 hours and members also meet through committees to identify the concerns of Kirkland's adults age 50 and over, to advocate for their needs and to create programs that advance their well-being.

WHAT IS THE RELATIONSHIP TO THE KIRKLAND CITY COUNCIL?

The Senior Council works in an advisory capacity to the City Council. Its role is to study, review, evaluate and make recommendations to the City Council and the City Manager regarding matters affecting citizens age 50 and older, in the City of Kirkland.

THE KIRKLAND SENIOR COUNCIL WANTS TO HEAR FROM YOU!

Share your questions, comments and ideas. Contact the Kirkland Senior Council at ksrcouncil@kirklandwa.gov or call Sharon Anderson 425.587.3322.

The Senior Council works in an advisory capacity to the Kirkland City Council. It advocates, supports, shapes and creates programs and services that help to meet the needs of seniors in the community.



MAKE A POSITIVE IMPACT!

RECRUITMENT FOR MEMBERS IS NOW UNDERWAY!

Council members must either live, work or serve Kirkland citizens age 50+ and are adults younger and older than age 50.

- Recruitment Sept 10–Nov 2
- Interviews week of November 12th
- Member Term is 3 years
- Monthly Commitment is 6 to 12 hours
- Monthly Meetings are the 2nd Tuesday from 5:30pm–7:30pm
- For more information contact Sharon Anderson; 425-587-3322

APPLICATIONS ARE AVAILABLE AT:

Parks and Community Services Department, Peter Kirk Community Center, North Kirkland Community Center, City Hall and on the City web page at www.kirklandwa.gov/seniorcouncil



Arts & Crafts

Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC • Location: PKCC
Instructor: Danielle Barlow • 6 classes
No class 11/12, 12/24, 12/31, 1/21, 2/18

Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 10–Oct 15	36455
Mon	9:30–11:30am	Oct 22–Dec 3	36456
Mon	9:30–11:30am	Dec 10–Feb 4	36457
Mon	9:30–11:30am	Feb 11–Mar 25	36458



Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC • Instructor: Louise Arntson • Location: PKCC

4 classes No class 10/11

Resident \$30 / Non-Resident \$36

Thur	10am–12pm	Oct 4–Nov 1	36447
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3 classes No class 11/22, 2/14 & 3/14

Resident \$23 / Non-Resident \$28

Thur	10am–12pm	Nov 8–29	36448
Thur	10am–12pm	Feb 7–28	36449
Thur	10am–12pm	Mar 7–28	36450

Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting.

Prerequisite: Drawing with Pastels for Beginners or prior experience • Supply list available at PKCC
Instructor: Louise Arntson • Location: PKCC

4 classes No class 10/11

Resident \$30 / Non-Resident \$36

Wed	1–3pm	Oct 3–24	36451
Wed	1–3pm	Feb 6–27	36453
Wed	1–3pm	Mar 6–27	36454

3 classes No class 11/21

Resident \$23 / Non-Resident \$28

Wed	1–3pm	Nov 7–28	36452
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Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting. Material list available, please bring materials to first class.

Location: PKCC • Instructor: Pat Tuton • 2 classes
Supply fee \$3 • Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 21–28	36928
Fri	9:30am–12pm	Jan 4–11	36930

Intermediate Watercolor

Improve your skills in watercolor and study principles of art. Create paintings from photographs, study other artists and paint one still life, with demonstrations by Pat Tuton. For advanced beginners through intermediate.

Prerequisite: Beginning Watercolor or Workshop
Location: PKCC • Instructor: Pat Tuton • 5 classes
Supply fee \$3 • Resident \$55 / Non-Resident \$66

Fri	9:30–12pm	Oct 5–Nov 2	36931
Fri	9:30–12pm	Jan 18–Feb 15	36932



Fused Glass Basics

Satisfy your curiosity for creating a beautiful and functional glass piece! Students will create two fused and slumped plates using precut glass in brilliant colors. Janet Foley will teach you glass fusing basics, types of glass, cutting and fusing in the glass kiln. Glass cutting experience is helpful but not required. Glass will be fired off site and available for pick up two weeks after class.

Wear closed-toe shoes • Location PKCC
All materials, tools and firing included in \$45 supply fee paid to instructor at beginning of class.

Resident \$35 / Non-Resident \$42

Wed	6–9pm	Oct 10	36750
Wed	6–9pm	Nov 7	36751
Tue	10am–1pm	Jan 29	36752
Wed	6–9pm	Mar 6	36753

Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons.

Check-in at the front desk. For more information call 425.587.3360. Will not meet 12/25 & 1/1
Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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Needle Craft Group

Have fun, socialize and work on your hand work. **Free**

Wed	10am–12pm	Ongoing
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Stage and Screen

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some old favorites and new releases to share with you. Free! Everyone is Welcome!

The Descendants *	Mon	1pm	Sept 17
The Vow	Mon	1pm	Oct 15
Crazy, Stupid, Love	Mon	1pm	Nov 19
The Artist	Mon	1pm	Dec 17
Salmon Fishing in Yemen	Mon	1pm	Jan 14
The Lucky One	Mon	1pm	Feb 11
The Best Exotic Marigold Hotel	Mon	1pm	Mar 18

* Rated R



Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

Armchair Adventures: Slide Shows

Mondays at 10:30am.
Free! Everyone is welcome!

Sept 3	Center Closed	
Sept 10	West Caribbean & Panama Canal	Bill Birdsall
Sept 17	Europe Continued	Len Steiner
Sept 24	Historic Legend of the World	Ben Shimbo
Oct 1	Australia / Tasmania	Dr. Monahan
Oct 8	Utah & North Arizona	Bill Birdsall
Oct 15	Kenya North	Len Steiner
Oct 22	China 1985: Sichuan Gone	Ron Nece
Oct 29	Castles & Palaces	Ben Shimbo
Nov 5	New Zealand	Dr. Monahan
Nov 12	Center Closed	
Nov 19	Kenya South	Len Steiner
Nov 26	Sedona	Ben Shimbo
Dec 3	Labrador, Newfoundland	Dr. Monahan
Dec 10	Philadelphia & Valley Forge	Len Steiner
Dec 17	Black Hills & Yellowstone	Bill Birdsall
Dec 24	Center Closed at 12pm	
Dec 31	Center Closed at 12pm	
Jan 7	Touring India Part I	Dr. Monahan
Jan 14	Wildlife of Israel	Len Steiner
Jan 21	Center Closed	
Jan 28	Peru	Ben Shimbo
Feb 4	Touring India Part II	Dr. Monahan
Feb 11	Wildlife of Singapore	Len Steiner
Feb 18	Center Closed	
Feb 25	Costa Rica	Ben Shimbo
Mar 4	North Whales	Ron Nece
Mar 11	Grand Circle of Canyon Lands	Bill Birdsall
Mar 18	Santa Barbara, CA	Len Steiner
Mar 25	Ireland	Ben Shimbo

Language

Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense. Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German.

*This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class • Location: PKCC
5 classes • No class 11/12 & 1/21
Resident \$38 / Non-Resident \$46*

Mon	1:30-3pm	Sept 10-Oct 8	36429
Mon	1:30-3pm	Oct 22-Nov 26	36430
Mon	1:30-3pm	Jan 7-Feb 11	36432
Mon	1:30-3pm	Feb 25-Mar 25	36433

Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills. Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years.

This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.

*Location: PKCC • 5 classes
Resident \$38 / Non-Resident \$46*

Wed	1:30-3pm	Sept 12-Oct 10	36434
Wed	1:30-3pm	Oct 24-Nov 21	36435
Wed	1:30-3pm	Jan 9-Feb 6	36437
Wed	1:30-3pm	Feb 20-Mar 20	36438

Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more.

For more information call Ty at JFS Refugee & Immigrant Service Center at 425-643-2221.

Location: PKCC • Free No class 9/3, 9/20, 11/12, 11/22, 12/24, 12/31, 1/21, & 2/18

Mon	3-4:30pm	Ongoing
Thur	3-4:30pm	Ongoing

Writing

Story Starters

Do you want to write, but have trouble knowing where to begin? Do you ever wonder where writers get their ideas? This two hour seminar will help jump-start your creativity and show you how to tease those great ideas out of your imagination. Creating a character from found objects, mining your childhood memories and finding ideas in everyday places are just a few of the in-class activities that will help you get started. Whether your stories are fiction or non-fiction, for children or adults, you will gain some fresh ideas and strategies to keep you going long after class has ended.

*Instructor: Connie Weber • Location: PKCC
Resident \$7 / Non Resident \$8*

Thur	1-3pm	Oct 4	37005
Thur	1-3pm	Jan 24	36761

Writer's Workshop

One of the toughest parts of writing is letting your work be heard and critiqued. But there's no better way to grow as a writer. If you're working on a writing project and you'd like some feedback from your peers, along with advice and information from an experienced writer, this course is for you. Sessions will be divided into two parts—1) readings with feedback from writers within the group and 2) practical information writers can really use: instruction in the craft of writing, news about publishing markets, resources for writers, etc. Participants will also learn how to comment on the work of others in a helpful way. The course will run for six weeks at a time, and participants may sign up for one session or several, as they choose.

*Instructor: Connie Weber • 6 classes • Location: PKCC
Resident \$60 / Non-Resident \$72
Drop-In Rate Resident \$7 / Non Resident \$8*

Thur	1-3pm	Oct 11–Nov 15	36889
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Introduction to Short Fiction

How does writing short fiction differ from writing a novel? What makes this art form unique? In this class participants will work their way through the first draft of a short story and discuss topics such as setting, voice and scene. Through in-class practice and weekly assignments learn the tools essential for writing a piece of short fiction. Opportunities to share work with the class will also be provided. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber • 4 classes
Location: PKCC • Resident \$40 / Non-Resident \$48*

Thur	1-3pm	Mar 7–28	36900
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Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville
Min 6 / Max 12 • 4 classes • Sr Resident \$89 / Sr Non-Res \$99 • Non-Sr Resident \$97 / Non-Sr Non-Res \$119*

Fri	10-11am	Sept 7–28	36421
Fri	10-11am	Oct 5–26	36422
Fri	10-11am	Nov 2–23	36423
Fri	10-11am	Dec 7–28	36424

Literary Arts

Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 1-2pm

Shakespeare Amateurs

To savor the work of Shakespeare, join Prof. Saunders and this lively discussion group as they go through the Canon, piece by piece. All amateurs welcome!

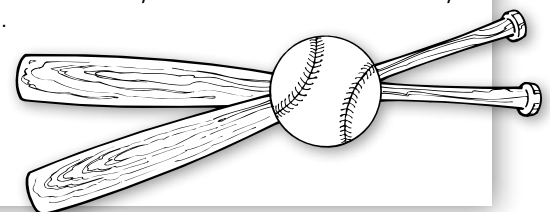
Group meets the 2nd Monday of each month, September-May. 10am-12pm

SOFTBALL Recruitment IS IN FULL SWING!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2013 season is underway! The three senior softball teams in Kirkland continue to hit home runs and have lots of fun! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Classics" were all a hit in 2012! After a long winter break, team players are now dusting off their bats to begin practice in March 2013. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

**age
55+**

CO-ED TEAM INFO CALL
PAULA MILLER 425.822.7478
MEN'S TEAMS INFO CALL
RICH MIKILLOUCH 425.827.1109



Fitness & Exercise

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music and world rhythms, exhilarating easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC
Instructor: Joan Wilde*

4 classes Tuesdays

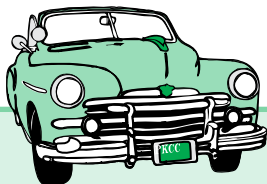
*No class 9/25, 12/25, 1/1 & 2/19 NEW DAY
Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 4–Oct 2	36665
Tue	10:30–11:30am	Oct 9–30	36666
Tue	10:30–11:30am	Nov 6–27	36667
Tue	10:30–11:30am	Dec 4–Jan 8	36668
Tue	10:30–11:30am	Jan 15–Feb 5	36673
Tue	10:30–11:30am	Feb 12–Mar 5	36674
Tue	10:30–11:30am	Mar 12–Apr 2	36675

4 classes Thursdays

*No class 10/11, 11/22, & 2/14
Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 6–27	36669
Thur	10:30–11:30am	Oct 4–Nov 1	36670
Thur	10:30–11:30am	Nov 8–Dec 6	36671
Thur	10:30–11:30am	Dec 13–Jan 3	36672
Thur	10:30–11:30am	Jan 10–31	36676
Thur	10:30–11:30am	Feb 7–Mar 7	36677



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



Yoga for Beginners

With 15+ years experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress.

*Bring mat or rug • Location: PKCC
Instructor: Sally Rodich*

4 classes Mondays

*No class 10/29, 1/21 & 2/18
Resident \$35 / Non-Resident \$42*

Mon	9–10am	Sept 10–Oct 1	36935
Mon	9–10am	Oct 8–Nov 5	36936
Mon	9–10am	Nov 19–Dec 10	36937
Mon	9–10am	Jan 7–Feb 4	36942
Mon	9–10am	Feb 11–Mar 11	36943
Mon	9–10am	Mar 18–Apr 8	36944

4 classes Wednesdays

*No class 11/21 & 12/26
Resident \$35 / Non-Resident \$42*

Wed	10–11am	Sept 5–26	36938
Wed	10–11am	Oct 3–24	36939
Wed	10–11am	Nov 7–Dec 5	36940
Wed	10–11am	Dec 12–Jan 9	36941
Wed	10–11am	Jan 16–Feb 6	36945
Wed	10–11am	Feb 13–Mar 6	36946
Wed	10–11am	Mar 13–Apr 3	36947

4 classes Thursdays NEW DAY

*No class 10/11, 11/1, 11/22, 12/27, 2/14 & 3/14
Resident \$35 / Non-Resident \$42*

Thur	9:15–10:15am	Sept 6–27	36949
Thur	9:15–10:15am	Oct 4–Nov 8	36950
Thur	9:15–10:15am	Nov 15–Dec 13	36951
Thur	9:15–10:15am	Dec 20–Jan 17	36952
Thur	9:15–10:15am	Jan 24–Feb 21	36948
Thur	9:15–10:15am	Feb 28–Mar 28	36953

Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova • No class 9/3, 11/12, 11/16, 11/23, 12/14, 12/24, 12/31, 1/21 & 2/18
Resident \$47 / Non-Resident \$56*

Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times

Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

*Bring mat or rug • Location: PKCC
Instructor: Charlene Watson • 15 classes*

*No class 9/25, 10/11, 11/22, 12/25, 1/1, 2/14, & 3/14
Resident \$47 / Non-Resident \$56*

Tue/Thur	9–10am	Sept 4–Oct 30	36461
Tue/Thur	9–10am	Nov 6–Jan 3	36462
Tue/Thur	9–10am	Jan 8–Feb 28	36463
Tue/Thur	9–10am	Mar 5–Apr 25	36464

Pre-register for all events and classes.

Games

Ping Pong (Table Tennis) NEW TABLE

Open to players of all abilities. Sign up at front desk or call 425.587.3360

Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are now available, ask for the playing pieces at the front desk.

Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners. Join the fun on Tuesdays at 12:45pm

Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners. Join the fun on Thursdays at 11am



Cards

Come use our card rooms for a friendly game; available days and some evenings. Call 425.587.3360 for more information

Pool

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room

Dance

Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes
No class 9/25, 11/20, 12/25, & 1/1

Resident \$30 / Non-Resident \$36

Drop-In Rate Resident \$7 / Non Resident \$8

Tue	10–11am	Sept 4–Oct 16	36697
Tue	10–11am	Oct 23–Dec 4	36698
Tue	10–11am	Dec 11–Jan 29	36699
Tue	10–11am	Feb 5–Mar 12	36700



Computer Classes

- \$5 lab fee per class is collected at time of registration
- Mac class participants must provide their own laptop, no Mac computers are available at PKCC

NEW Mac Classes: Mac Basics

Introduction to Mac **NEW!**

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC Instructor: Doris Ford • 4 classes
No class 2/18 • \$5 lab fee per class is collected at time of registration • Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	12–2pm	Sept 12–Oct 3	37023
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Return to Work: Word Mac

NEW! Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art on your Mac. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	12–2pm	Oct 10–31	37024
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Return to Work: Excel Mac

NEW! Review basic commands, perform formulas, work with multiple worksheets, understand and perform calculations, create “what-if” worksheets and sharpen your math skills by building fundamental skills in Excel. No Excel experience needed..

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Fri	12–2pm	Feb 1–22	37025
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PC Classes Computer Basics

Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes
No class 2/18 • \$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Sept 10–Oct 1	36467
Mon	10am–12pm	Jan 28–Feb 25	36469

Introduction to Windows 7

Learn what is new in Windows 7. Check out the cool new features that can help simplify everyday tasks, work the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your Windows.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Sept 10–Oct 1	36470
Thur	6–8pm	Oct 4–25	36471
Mon	12:30–2:30pm	Jan 28–Feb 25	36472

Introduction to Word

Learn the basics for writing and editing letters and memos, adding bold, italics, underlining, saving copying and moving text, changing margins, setting tabs and spell check.

Prerequisite: Intro to Computers and Windows or equivalent experience

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Fri	8:45–10:45am	Oct 5–26	36474
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Create Activities/Projects Using Word **NEW!**

Learn to create items for yourself or gifts for others, including creating greeting or note cards, flyers, labels, calendars, certificates, newsletters, invitations, flyers, and resumes. No Word Experience needed.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55

Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Oct 8–29	36607
Mon	10am–12pm	Mar 4–25	36608



Adding Pictures in Word **NEW!**

Take this fun class on inserting pictures, moving them, modifying, adding borders, captions and arranging them in your Word document. No Word experience needed.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 17	36609
Fri	8:45–10:45am	Jan 25	36610
Wed	8:45–10:45am	Mar 27	36611

Internet & E-Mail

Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Sept 21	36475
Fri	8:45–10:45am	Mar 8	36476

Bing & Google

Bing and Google are outstanding search engines that allow you to translate, view videos, seek entertainment, display thousands of images, and discover low airline fares, latest news, shop, 10 day weather forecast, and much more.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 24	36477
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Information on the Internet

Search for information on the Internet using search engines, view your home town newspapers, and magazines. Learn how to download Internet files, buy items over the Internet, and use anti-virus programs and firewalls.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20

Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Nov 7	36479
Fri	8:45–10:45am	Mar 22	36481

Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Sept 19	36482
Wed	8:45–10:45am	Mar 6	36483

Genealogy

Online Genealogy

Learn how to research online and organize it into meaningful groups. Follow the trailblazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent web sites that can jumpstart your search for ancestors.

Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Res \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 3	36484
Wed	8:45–10:45am	Feb 13	36486

**Pre-register for all
events and classes.**

Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

Return to Work: Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create "what if" worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Oct 8–29	36439
Wed	10am–12pm	Jan 16–Feb 6	36441

Return to Work: PowerPoint

Learn how to create a presentation that gives visual support to verbal communication. Add text, bulleted lists and pictures to slides, create a timed slide show, as well as prepare and print speaker notes. The last class students can develop a presentation using techniques taught in this class.

Location: PKCC Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Fri	8:45–10:45am	Feb 1–22	36442
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Return to Work: Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46/ Sr Non-Resident \$55
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Mar 4–25	36443
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Scanning, Editing & Creating

Smilebox **NEW!**

Smilebox lets you quickly and easily create slideshows, invitations, greetings, collages, scrapbooks, photo albums and more. Smilebox has more than 1000 customizable designs to choose from. The results are professional and one of a kind.

Location: PKCC • Instructor: Doris Ford • \$5 lab fee
per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 10	36487
Fri	8:45–10:45pm	Jan 18	36489
Wed	8:45–10:45am	Mar 20	36490

Organize Your Computer

NEW! Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Location: PKCC • Instructor: Doris Ford • \$5 lab fee
per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Wed	8:45–10:45am	Oct 31	36612
Wed	8:45–10:45am	Feb 27	36613

Age 50+

Scanning, Editing & Creating cont'd



Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class

*Location: PKCC • Instructor: Doris Ford
\$5 lab fee per class is collected at time of registration
Sr-Resident \$17 / Sr Non-Resident \$20
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38*

Fri	8:45–10:45am	Sept 14	36491
Wed	8:45–10:45am	Sept 26	36495
Mon	10am–12pm	Jan 14	36493
Fri	8:45–10:45am	Mar 1	36494

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

*Resident \$28 / Non-Resident \$34
\$5 lab fee per class is collected at time of registration
Advanced registration required, call 425.587.3360*

Financial

Advanced registration required: 425.587.3360. These workshops are presented by Edward Jones

Social Security: Your Questions Answered **NEW!**

Learn how social security fits into your retirement income, when you should start taking the benefits and tax considerations. **Free**

Fri	10:30–11:30am	Sept 7	36954
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Outlook & Opportunities: Preparing for the Road Ahead **NEW!**

As Edward Jones representative will address your concerns surrounding the slow pace of economic recovery, inflation and interest rates, rising deficits and the debt. **Free**

Fri	10:30–11:30am	Oct 5	37026
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My Brain Made Me Do It

NEW! If you are like most people, your emotions may often play a role in your decision making. This may cause you to forget about your long term goal and make quick decisions regarding your investments. Learn how to better understand the human brain and how to avoid the six most common investing mistakes. **Free**

Fri	10:30–11:30am	Nov 2	37027
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Protecting What's Important

NEW! An Edward Jones representative will discuss how insurance helps protect against unexpected events, including health, disability and life insurance. **Free**

Fri	10:30–11:30am	Dec 7	37495
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Retirement Changes: What's Your Next Move?

Learn how to take inventory of current assets and determine how much money you may need during retirement. **Free**

Fri	10:30–11:30am	Jan 4	36955
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Tax Free Investing: It's Not What You Make, It's What You Keep

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. **Free**

Fri	10:30–11:30am	Feb 1	36956
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Annuities and Your Retirement

Learn the basics of annuities and how they can work with your other retirement plans. **Free**

Fri	10:30–11:30am	Mar 1	36957
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Edward Jones®
MAKING SENSE OF INVESTING

Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs. **Call 425.587.3360**

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2012 tax return.

Appointments are available Fridays from 9am-1pm, Feb 1–April 12 • No fee • Appointments required, call 425.587.3360

Retirement Check-up

Inundated with retirement planning information? Unsure what to do? Senior Services volunteers offer one-on-one assessments of your retirement plan. They can help you evaluate your retirement portfolios, develop an investment plan and discuss strategies for reaching your financial goals. Senior Services is a non-profit organization that does not provide any investment advice or endorse or recommend any company or product.

*There is a suggested donation of \$25 per hour
For more information call 206.448.5720*

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

www.atg.wa.gov

**Pre-register for all
events and classes.**

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

*Call 800.750.2227 or go to
www.clearpointfinancialsolutions.org.*



Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

Social Security

Open 7am-7pm weekdays

Call 1.800.772.1213 or go to www.ssa.gov.

Legal Services

Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

*For more information call 206.448.5720 or go to
www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx*

Eastside Legal Assistance Program

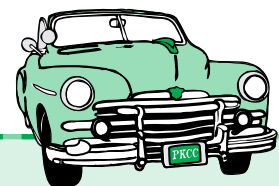
ELAP provides lawyers to answer your legal questions Fridays, 2-4pm.

*No fee • Appointments required
To qualify, call 425.747.7274*

Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



EvergreenHealth

PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

In the past two weeks:

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you. Contact Roy Mishra, MSW to schedule an appointment."

EnhanceWellness Program

Evergreen EnhanceWellness

Get the peer and professional support you need to meet your health goals. Manage a chronic condition; break through your isolation, or just live better day-to-day. Participation in the program is for six months and includes a comprehensive health assessment, a personalized plan and ongoing support.

Tuesdays by appointment • Call 425.587.3360

Evergreen EnhanceWellness Counseling/Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

Call 425.587.3360 • Free

Support Groups

Coffee Hour

Join Roy Mishra, Social Worker at Peter Kirk Community Center for a cup of coffee and lively discussion about health, aging, and current issues. Research shows that positive aging is fostered by good physical and mental health, social interaction, and productive activities. Share your expertise, strengthen your social connections and have fun in this relaxed and informative group. All are welcome and respected

*Monthly, 1st & 3rd Monday, 10am
Call 425.587.3360 • Free*

Depression Support Group

Facilitated by Roy Mishra, MSW, For individuals working on managing depressive symptoms. Provides an opportunity to learn about community resources, techniques and skills to manage depression, in a safe, friendly environment.

*Monthly, 2nd Monday, 1:30-3pm
Call 425.587.3360 • Free*

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

Health & Nutrition

Easing Back Pain

Whether your back pain is occasional or chronic, you could benefit from this talk on common back problems and basic back care that includes exercise, body mechanics, medications and other treatments that may help ease that aching back.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Sept 7	37010
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Caring for Your Kidneys

Learn how kidneys function, how they are affected by medication, hypertension, and illness and what you can do to protect yourself.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Sept 14	36958
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Natural Approach to Memory

NEW! Is it just a “senior moment,” or is there another explanation? We explore brain exercises, food allergies, underlying illnesses, and supplements to prevent or address memory problems.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Sept 21	37029
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Understanding Advance Directives

Learn how to make your own decisions regarding your care should you develop a terminal illness or a life-threatening injury. Advance care directives can also designate someone you trust to make decisions about medical care, if you are unable.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Sept 28	36500
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Flu Shots

“Fight the Flu” and help prevent the spread of influenza in our community! Schedule your flu shot today. Medicare and most area Medicare Advantage Plans will be billed, for all others the cost is \$28 payable by cash or check only.

Appointments required 425.587.3360.

Wed	9–12pm	Oct 3
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SAD: Seasonal Affective Disorder

Discover why the lack of sunlight can cause some to experience fatigue, weight gain and altered sleeping habits, and how you can improve your mood.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Oct 5	37032
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Headache Management

Oh, my aching head! Take part in this discussion on the causes, diagnosis, management and treatment of headache problems.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Oct 12	36501
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Life Line Screening Preventive Health Event

Stroke is the third leading cause of death in the United States, and this catastrophic event can strike without warning. In fact over half of all stroke victims showed no signs prior to the attack. But strokes can be stopped in their tracks.

In Just 10 Minutes...You Can Reduce Your Risk of Stroke

Friday, Oct 12, 2012

Take advantage of this potentially lifesaving event. Appointments required.
Call 1.888.683.4068

Varicose Veins

Varicose veins are uncomfortable and ache, but also increase the risk for circulatory disorders. Learn symptoms treatment options.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Oct 19	37033
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Below the Belt **NEW!**

An informative look at the contributing causes, symptoms, and treatments of irritable bowel syndrome and diverticulitis and preventative measures for colon cancer.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Oct 26	37034
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Cholesterol / Diabetic Screen

Screening will include fasting, full panel cholesterol test and glucose. Results will be given before you go home! Limit 24 participants, must register for time slot.

Sponsored by EvergreenHealth • **Free**

Fri	8:30–10:30am	Nov 2	36616
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Managing Holiday Depression

Discover what is and isn't depression, its causes, self-help techniques and options for maintaining a greater sense of well being.

Sponsored by EvergreenHealth • **Free**

Fri	12:45–2pm	Nov 9	36503
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Achieving Balance with Supplements

Explore which supplements will benefit you, what results to expect, and how to safely and effectively incorporate them into your diet.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Nov 30	36504
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Arthritis Essentials NEW!

Essential information for arthritis sufferers on exercise, medication and medical treatments to help manage arthritis with less pain and restriction of movement.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Dec 7	36617
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Diabetes: The Facts

It is important for those with diabetes to monitor and manage it properly. Find out what can be done to help those with diabetes maintain healthy lives.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Dec 21	36614
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Make Your Life Easier

This class will cover techniques and equipment options to assist you with everyday tasks such as putting on shoes, opening medicine bottles and cans, and moving about your home, along with many other tips to make your life easier.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Jan 4	36626
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Eating for Healthy Weight Loss

Talk to a nutritionist about diet risks, myths and fads. Learn simple, safe tips for achieving healthy weight loss while maintaining balanced nutrition.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Jan 11	36615
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You and Your Meds

Take an active role in your healthcare by learning more about the medications you take every day. A pharmacist will discuss common drug interactions and side effects, how aging affects medication and how to effectively communicate with your pharmacist.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Jan 18	36618
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Eye Care & Nutrition NEW!

Research is showing a link between good nutrition and maintaining healthy eyes. Learn what nutrients may help prevent, or at least slow the progress of, age-related vision loss caused by conditions such as cataracts and macular degeneration.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Jan 25	36619
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Chinese Medicine

Traditional Chinese medicine promotes lifestyle changes to empower oneself to live a healthier and happier life. Learn how Chinese Medicine can be applied in your life!

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Feb 1	36620
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Powerful Tools for Caregivers

A six-week series for unpaid family caregivers that provide tools for self care and builds confidence in handling difficult situations, emotions and decisions.

No class 2/18 • Free

Mon	1–3pm	Feb 4–Mar 18	36959
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Resources for Seniors

Bring your questions and join us for a look at the variety of alternative living arrangements and in-home services available. Adult children welcome.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Feb 8	36505
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Resisting Germs from Irresistible Kids NEW!

Learn about prevention and sanitation techniques, along with products that can help boost your immune system so you can share time with your grandchildren without sharing bacteria and viruses.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Feb 15	36621
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The Healing Power of Humor

Humor specialist Donna Oiland leads a fun-filled discussion on the healing power of humor and how to incorporate laughter into your life.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Feb 22	36506
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Kitchen Medicine

Learn how simple herbal remedies can help you and your family through the cold and flu season, and where in the kitchen or garden you can find them!

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Mar 1	36622
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Pre-register for all events and classes.

Asthma Caused by Allergies

In some people, allergies can trigger an asthma attack. Join us to learn what in the environment may be causing this and how to reduce exposure.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Mar 8	36627
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Pain Management NEW!

This class will introduce a medical approach that treats the whole person both body and mind to produce effective results. Chronic pain, managing flare-ups, pain medications and goal setting will be discussed.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Mar 15	36628
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Colonoscopy, What?

This class will describe the procedure, when it's necessary and how often it should be done. Join an expert to explore the mysterious world of the intestine.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Mar 22	36629
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Intro to Yoga NEW!

Introduction to the basic concepts, types and positions of yoga for those looking for a gentle exercise to improve strength, flexibility and inner peace.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Mar 29	36636
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Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 60 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$75. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 60 years or older.

For appointments and more information, call 425.587.3360

Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ and their spouse • All others \$5.75

Statewide Health Insurance Benefits Advisor (SHIBA)

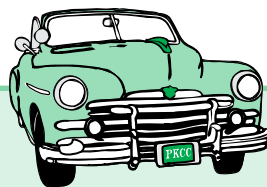
Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to www.kcwics.org



Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



Veterans Services

Veterans Benefits

Sherrie Bell, VFW/DVA Accredited Department Service Officer, will be available on a first come, first serve basis every Monday from 1-3pm to assist Veterans and their families with VA benefits. Sign in at the front desk. For more information call Sherrie at 206.412.1280.

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to www.seniorservices.org

Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to www.bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800

www.overlakehospital.org/services/senior.care

AARP Area Office

American Association of Retired Persons.

Call 1.866.663.3291 or go to www.aarp.org/states/wa

Benefits Check Online

www.BenefitsCheckUp.org is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center 425.488.4821

Elder & Adult Day Services 425.867.1799



Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice 425.899.3300

Eastside Friends of Seniors 425.369.9120

Volunteer Chore Services
(Catholic Comm. Svcs.) 206.328.5787

Jewish Family Services 206.461.3240

Volunteer Opportunities

Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Julie at 425.587.3012.

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to www.aarpwoksearch.org

Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm

Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

CHINESE SERVICES: TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. **Free**

Tue	11:15–12:15pm	Ongoing
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E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. **Free**

Tue	1–3pm	Ongoing
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LATINO SERVICES: WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. **Free**

Monthly	10–11:45 am	1st Wednesday
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E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. **Free**

Wed	12:45–2pm	Ongoing
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Driver Training

AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$12 for AARP members / \$14 for non-members, please bring AARP membership card to class

H Make checks payable to AARP on the first day of class • To register call 425.587.3360

Wed & Thur	12:30–4:45pm	Sept 5 & 6	36496
Wed & Thur	12:30–4:45pm	Nov 14 & 15	36497
Wed & Thur	12:30–4:45pm	Jan 9 & 10	36498
Wed & Thur	12:30–4:45pm	Mar 6 & 7	36499



Transportation

Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and **FREE!**

Wed	9–11am	Sept 5
Wed	9–11am	Oct 3
Wed	9–11am	Nov 7
Wed	9–11am	Dec 5
Wed	9–11am	Jan 2
Wed	9–11am	Feb 6
Wed	9–11am	Mar 6

Age 50+

Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Oct 18
Thur	10–11am	Dec 20
Thur	10–11am	Feb 21



Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to www.seniorservices.org.

METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to www.hope-link.org/get-help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program. Please call 425-587-3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance. Please call 425-587-3363 to set up an appointment or if you have any questions.

Grocery Shopping NEW DAY

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping days and times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Sept 5	QFC
Wed	Sept 12	Bridle Trails
Wed	Sept 19	Fred Meyer
Wed	Sept 26	Safeway
Wed	Oct 3	QFC
Wed	Oct 10	Bridle Trails
Wed	Oct 17	Fred Meyer
Wed	Oct 24	Safeway
Wed	Oct 31	QFC
Wed	Nov 7	Bridle Trails
Wed	Nov 14	Fred Meyer
Wed	Nov 21	Safeway
Wed	Nov 28	QFC
Wed	Dec 5	Bridle Trails
Thur	Dec 13	Fred Meyer
Wed	Dec 19	Safeway
Wed	Dec 26	QFC
Wed	Jan 2	Bridle Trails
Wed	Jan 9	Fred Meyer
Wed	Jan 16	Safeway
Wed	Jan 23	QFC
Wed	Jan 30	Bridle Trails
Wed	Feb 6	Fred Meyer
Wed	Feb 13	Safeway
Wed	Feb 20	QFC
Wed	Feb 27	Bridle Trails
Wed	March 6	Fred Meyer
Wed	March 13	Safeway
Wed	March 20	QFC
Wed	March 27	Bridle Trails

Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/Summer 2013 van trips.

**Thursday, November 15
10:00am at the Center**

*** All trips include sales tax ***

Out For Lunch Bunch

Thursdays 11am–1:30pm
Resident \$13 / Non-Resident \$15
Bring lunch \$

Anthony's Homeport (Everett)	Sept 20	36960
Patty's Egg Nest	Oct 25	36961
Redhook Brewery	Nov 8	36962
Grazie's	Dec 6	36963
Tokyo Steakhouse	Jan 3	36964
Café Flora	Feb 21	36965
Tap House Grill	March 7	36966

Shops & Slots

Tuesdays 10am–4pm
Resident \$21 / Non-Resident \$25

Seattle Premium Outlet Mall & Tulalip Casino	Nov 13	36968
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Puyallup Fair

Fri, Sept 7 36969 9am–6pm
Resident \$29 / Non-Resident \$35
Bring lunch \$

It is opening day of Washington's most popular fair and we want you to be part of it! Here's your chance to savor the flavors, smells and sights without the hassle of driving and finding parking.

Bring a canned food donation and your admission is FREE!

Pig Peace Sanctuary **NEW!**

Thur, Sept 13 37035 11am–6pm
Resident \$32 / Non-Resident \$38
Bring lunch \$

Calling all animal lovers, this is a trip you won't want to miss! Pigs Peace Sanctuary is a safe haven of love for pigs and their friends. Founded in 1994, the sanctuary provides medical care, a healthy diet, socialization and a permanent home with loving kindness located in Stanwood, WA. On your way to this unique destination enjoy lunch at a Stanwood favorite, Jimmy's Pizza and Pasta. This trip requires walking on uneven surfaces and gravel walkways.



Ocean Shores/Quinault Casino

Thur, Sept 27 36976 8am–6pm
Resident \$35/ Non-Resident \$42
Bring lunch \$

The Ocean Shores area is a fun place to explore, whether the sun is shining or there is a storm at sea. Enjoy shopping, beachcombing, gambling and more.

Vashon Island **NEW!**

Thur, Oct 4 37036 9am–5:30pm
Resident \$38/ Non-Resident \$46
Bring lunch \$

Right in our own backyard lies an almost secret destination filled with beautiful beaches, eclectic restaurants, quaint shops and plenty of fun! Enjoy a scenic ferry ride and then get ready to explore this artsy area.

Leavenworth Oktoberfest

Fri, Oct 12 36978 8:30am–5pm
Resident \$38/ Non-Resident \$46
Bring lunch \$

Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts and crafts, and so much more.

Bill & Melinda Gates Foundation Visitor Center Tour **NEW!**

Thur, Oct 18 37037 9:30am–3pm
Resident \$18/ Non-Resident \$22
Bring Lunch \$

Enjoy a 90 minute tour of the Bill and Melinda Gates Foundation Visitors Center providing an educational and inspiring experience for all. Lunch to follow at a nearby restaurant.

Ikea

Thur, Nov 1 37038 10am–1:30pm
Resident \$18/ Non-Resident \$22
Bring Lunch \$

Shop for household items and feast on Swedish meatballs.

Wight's Nursery/Mill Creek Town Center

Thur, Nov 29 37039 10am–3pm
Resident \$16/ Non-Resident \$19

Give your holiday spirit a kick start as you browse the amazing decorations at Wight's nursery. Re-energize with lunch at the Mill Creek Town Center and continue your holiday shopping.

Dickens' Carolers Cruise **NEW!**

Tue, Dec 11 37040 10:30am–3:15pm
Resident \$56/ Non-Resident \$60

Come aboard the elegant Royal Argosy, decked out in holiday style and enjoy the sounds of the Dickens' Carolers while enjoying a wonderful lunch freshly prepared on board. **Must sign up by 11/16 to secure reservations.**



Taproot Theater: Christmas Show **NEW!**

Wed, Dec 12 37041 12:30pm–5:30pm
Resident \$32/ Non-Resident \$35

Enjoy this lively holiday matinee at the Taproot Theatre in the heart of the Greenwood neighborhood. **Must sign up by 11/16 to secure reservations.**

Snohomish

Thur, Dec 20 36980 10am–4pm
Resident \$49/ Non-Resident \$54
Bring lunch \$

Get those last minute gifts and have fun browsing in old downtown Snohomish. Enjoy lunch on your own at one of the many nearby restaurants.

Le May Car Museum **NEW!**

Thur, Jan 10 37042 10:15am–5:30pm
Resident \$45/ Non-Resident \$52
Bring lunch \$

The new LeMay America Car Museum (ACM), that opened in June 2012, spotlights America's love affair with the automobile. Featuring a nine-acre campus—with a four-story museum as the centerpiece this is one of the world's largest auto museums. You will begin with a private tour led by a knowledgeable docent and then have time to wander around and explore on your own. Before heading over to the museum enjoy lunch at Stanley & Seaforts.

Burlington Coat Factory/ Scott's Bar & Grill

Thur, Jan 17 36981 10:30–2:30pm
Resident \$15/ Non-Resident \$18
Bring lunch \$

Work off a satisfying lunch at Scott's Bar and Grill while bargain hunting at Burlington Coat factory.

Boehms Candies/ Gilman Village

Thur, Jan 24 37043 9:30am–3:30pm
Resident \$24/ Non-Resident \$28

Start the day with a guided tour of Boehms Candies in Issaquah complete with samples. After the tour head to Gilman Village where you will have free time to enjoy lunch on your own and do a little shopping. There is a fair amount of walking on the Boehms tour including stairs and gravel walkways.



iFLY **NEW!**

Thur, Jan 31 37044 10:15am–4pm
Resident \$73/ Non-Resident \$78
Bring lunch \$

Come and experience indoor skydiving at iFLY Seattle. It is safe, challenging, exciting and realistic. No experience necessary and it is great fun for all ages, 3 to 103! After your high flying adventure, lunch will be at the Rainforest Café.

All flyers must be in good health and physical condition. Those less than 6ft tall must weigh less than 230lbs, and those over 6ft tall must weigh less than 250lbs. If you have a prior shoulder dislocation or back or neck problems you should not fly.



Seattle Art Museum

Fri, Feb 8 37045 10am–3pm
Resident \$16/ Non-Resident \$19
Bring lunch \$

The first Friday of the month is free admission for seniors at the Seattle Art museum. All free day programs include access to special exhibitions as well as all SAM collections and installations. Enjoy lunch at a nearby restaurant.

Merchants Café & Saloon/ Borrachini's Bakery **NEW!**

Tue, Feb 12 37046 11am–3pm
Resident \$15/ Non-Resident \$18
Bring lunch \$

Start off at The Merchant's Café which has been in continuous operation ever since 1890, making it Seattle's oldest restaurant. After lunch continue the day at another old Seattle favorite that was founded in 1922, Borrachini's Bakery.

"A New Day Northwest" Taping & Lunch

Thur, Feb 28 36982 8:15am–2pm
Resident \$24/ Non-Resident \$29
Bring lunch \$

If you missed this trip last year here's your chance to see what everyone was talking about. We had so much fun being a part of the audience of this local daily television show we wanted to go again! Don't forget to set your DVR's as the show will air at 11am on the day we tape. After taping, enjoy lunch at the Old Spaghetti Factory.

Molbaks/Flowerworld

Thur, March 14 36983 10am–3:45pm

Resident \$18/ Non-Resident \$24

Bring lunch \$

After a long winter there is nothing like strolling among flowers to get you in the mood for spring. We will stop for lunch at the Maltby Café in between destinations.

Port Townsend Victoria Days

Fri, March 22 36984 8am–6pm

Resident \$56/ Non-Resident \$64

Bring lunch and tour \$

The Victorian Heritage Festival celebrates Port Townsend's unique role as an exquisitely preserved historical seaport surviving and thriving as a modern city.

Chimposium

Thur, March 28 37047 8am–4:30pm

Resident \$37/ Non-Resident \$43

Bring lunch \$

Learn about primate communication as you watch the chimpanzees at Central Washington University's Chimpanzee and Human Communication Institute. We will stop for lunch on the way home. **Must sign up by 2/28 to secure reservations.**



Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.



GET MOVING

with the

KIRKLAND STEPPERS!

JUNE 5–SEPT 25

It's not too late to join this group of dedicated weekly walkers, age 50+, as they get ready for their 9th season. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

SEE PAGE 52
for all the details.



Recruitment for members is now underway!
The Senior Council advocates, supports, shapes and creates programs & services that help to meet the needs of seniors in the community.

DETAILS ON PAGE 54

MY VOICE IS CHANGE

Get involved!



kirkland youth council

Participate in local
city government issues.
make a difference while
participating in many
diverse service
projects.

COME JOIN THE KIRKLAND

YOUTH COUNCIL

DETAILS ON PAGE 29

Juanita Friday Market



Fridays, May 11 - Oct. 5, 2012
3pm to 7pm · 9703 NE Juanita Dr.

Juanita Friday Market Event Calendar 2012



17-Aug	Green Living
24-Aug	Music Alfresco
31-Aug	Build a Boat Day
7-Sep	Kid's Day
14-Sep	Boat Contest
21-Sep	Colors of Fall
28-Sep	Pumpkins
5-Oct	Kid's Day

www.kirklandwa.gov/JuanitaFridayMarket

***FREE**
Juanita Friday Market



Kids Halloween Pumpkin
with any market purchase of \$5.00 or more (while supplies last)

* Must have coupon present at time of purchase. Valid on 9/28/12 & 10/05/12